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METRO LOOKS AT FIVE SHOWS HEADED TO THE SMALL SCREEN IN THE COMING WEEKS PAGE 8

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Monday, March 5, 2012

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VIVA DIVAS!

Barb Kunz of London leads a Nia-dancing workshop on Sunday during Diva Day at Windermere Manor. The event drew hundreds of women for a day of pampering, with the aim of raising $25,000 for the London and District Distress Centre. The nonprofit organization operates three telephone helplines staffed by volunteers who help people deal with stress and loneliness. ANGELA MULLINS/METRO

Ontario Works not working: Londoners

'Broken system.'
Survey respondents say social programs, disability support need attention

ANGELA MULLINS
angela.mullins@metronews.ca

Londoners are calling for reforms to Ontario Works and the Ontario Disability Support Program in a report to be tabled Monday.

After four months of community consultation, the Citizens Advisory Panel is ready to roll out the results of a survey aimed at giving local people input into a provincial review of the services. Highlights will be presented to city council's community-services committee at 7 p.m. before being sent to Queen's Park.

"The consensus is that the current system is inadequate and we need to look at how this all works," Sean Quigley, a leader of the advisory panel said. "It's really important that the city understand what's going on within the system and how they can work (as advocates) to improve it."

The advisory panel created the report by analyzing survey results from about 260 people. The survey asked people to weigh in on: How Ontario Works and disability payments should be figured, whether people should have to forfeit all assets before qualifying for help and whether Ontario Works benefits should be reduced for people who work part time.

Nearly all people who responded — about 90 per cent — said benefit levels should be raised, with nearly 50 per cent recommending that payments be based on local cost-of-living estimates.

About 54 per cent said people shouldn't have to burn through all their assets in order to get benefits, and nearly 50 per cent of survey respondents said Ontario Works payment shouldn't be "clawed back" for people with part-time jobs, Quigley said.

The survey results come as the community-services committee prepares to hear an annual report on London's Ontario Works caseload. That report shows cases have risen steadily, going from about 8,000 a month in 2008 to about 10,000 a month through December.

An average of 1,011 people a month applied for service in 2011 — about nine per cent higher than the 2010 average, the report says.

Citizens Advisory Panel

- **Under the leadership of** social advocate and former MP Glen Pearson, the panel was created as a way for city hall to address income disparity and other issues raised during the Occupy London protests.

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1 NEWS

On metronews.ca

NHL stars add their voice to movement fighting homophobia

First, it's Rick Nash. Then Duncan Keith, Brian Boyle, Matt Moulson, Joffrey Lupul, Claude Giroux, Daniel Alfredsson, Scott Hartnell, Corey Perry, Andy Greene, Dion Phaneuf and Henrik Lundqvist. As each of the NHL players repeats a simple message in a powerful public service announcement released Sunday, they add their voice to a growing movement aimed at creating a level playing field in the sport, regardless of sexual orientation.

Officials from the United Way of London and Middlesex display their 2011 fundraising campaign total on a series of basketballs during halftime of Sunday's London Lightning game at the John Labatt Centre. The campaign, which started in September, exceeded the $8.5-million goal. ANGELA MULLINS/METRO

Campaign breaks charity record

Community aid. United Way campaign surpasses goal, which will benefit more than 70 local programs.

ANGELA MULLINS
angela.mullins@metronews.ca

United Way is pumping a record amount of dollars into the community, officials announced Sunday.

Of the $8,505,590 raised during the agency's six-month fundraising campaign, about $7.5 million will benefit efforts aimed at strengthening the London area. The lion's share — nearly $5.6 million — will be spread across 73 community programs at 37 non-profit organizations.

The 2011 campaign total exceeded the goal of $8.5 million — $400,000 more than the 2010 target and the organization's most ambitious increase to date.

"We set an aggressive goal because we knew people were going to need us more than ever," said Andrew Lockie, the agency's chief executive officer.

Those in charge of allocating United Way funding placed special attention this year on programs that help people deal with job loss, mental-health issues and stress resulting from financial pressures or unemployment.

All agencies that received United Way money in 2011-12 are receiving money again with most seeing an increase to, in part, help address growing demand, officials said.

Seven agencies have received three-year funding agreements to help execute long-term plans for community service.

Beneficiaries

Agencies receiving the most United Way money:

- Family Service Thames Valley: $480,000
- Boys & Girls Club of London: $453,000
- Big Brothers Big Sisters of London and Area: $400,000
- John Howard Society of London and District: $358,500
- Canadian Mental Health Association-London Middlesex: $352,000

Scott Tennant, left, and James Walker show off their medals earned Saturday after winning gold in floor hockey at the Special Olympics National Winter Games, which took place in St. Albert and Jasper, Alta. ANSEL ADAMS/SUBMITTED

Sports. Local athletes win big at Special Olympics

Four London athletes won medals this week at the Special Olympics National Winter Games in St. Albert and Jasper, Alta.

Speed skater Stephanie George, 19, won two gold medals (500 metres and 111 metres) and a silver (222 metres). Ben So, 23, earned two silver (super G and slalom) and a bronze (giant slalom) in alpine skiing.

Scott Tennant, left, and James Walker were part of Team Ontario's championship floor hockey squad.

The athletes are hoping to earn a spot on Team Canada to compete at the Winter World games in PyeongChang, South Korea, in 2013.

METRO

Fire destroys Antarctic camp; halts research work

Two years ago this month, Wayne Hocking was navigating the choppy waters off King George Island in a rubber dinghy, en route to study Antarctica's skies.

It was the final leg of a gruelling journey from London to Comandante Ferraz, a Brazilian research facility just north of the Antarctic Peninsula. Hocking's trip had included a flight over the "treacherous" Drake Passage in a Hercules jet, travel in an icebreaker boat, and the dinghy ride through a shallow bay, alongside 800 pounds of his equipment stuffed into 15 boxes.

For Hocking, a Western University professor of atmospheric physics, the opportunity to set up a research site was worth the enormous effort.

But on Saturday, his research — and the work of more than a dozen other scientists — suddenly halted when a fire tore through the Ferraz camp, killing two navy officials and ruining the station's power generator. Reports indicated the fire, which began in the machine room, "completely destroyed" the base.

"I am very saddened by this news," said Hocking, who was back in Canada at the time of the blaze. "We have lost quite a lot."

Through his antennae, Hocking was aiming to get at least one year's worth of data about the atmosphere above Antarctica. He only got 11 months when the fire struck, meaning he doesn't have the data to understand the annual pattern.

He will try and piece it together with data from an earlier attempt, but it won't be as reliable, he said.

Hocking studies buoyancy waves, monstrous aerial gusts that occur in the thin air 80 to 100 kilometres above the Earth.

Over the past 12 years, Hocking — in partnership with other researchers — has set up 4.5-metre radar antennae in more than 30 locations around the world. Together, these antennae create a 24/7 air surveillance network, an unblinking eye on the world's upper skies.

The data collected has been used for everything from identifying a possible cause in the space shuttle Columbia disaster, to forecasting weather in the upper atmosphere.

TORSTAR NEWS SERVICE/ THE ASSOCIATED PRESS

Profile. London lefty hopes to start his climb to the Blue Jays

JIM REYNO
Metro in London

To succeed in business, you have to be able to adjust — that goes for the boardroom and the ballpark.

Despite a successful U.S. college career as a starter, London's Shane Davis is happy to pitch out of the bullpen if it gets him to the major leagues.

"I prefer to start, but I fully understand that baseball is as much a business as it is a game, and if they want me to be a lefty specialist and that's what gets me there, I'll be a lefty specialist," said Davis, picked by the Toronto Blue Jays in the 42nd round of the amateur draft last June.

"Just like in hockey, not everyone can be on the first line."

Davis, who turns 24 next month, got his first pro experience last summer with the class-A Vancouver Canadians. After finishing his college career with the team record for wins in Division 1 Canisius College in Buffalo, the former starter was sent to the 'pen.

The pitch

"My strongest point has always been command, locating my fastball, especially inside.... I'm not afraid to pitch inside, which is good. It opens up the rest of the plate for you."
Shane Davis

"The guys they have more money (invested) in are obviously going to get a better opportunity to start," Davis said. "We had a couple first-round guys from the 2010 draft, and they obviously got the preferential spots in the rotation, which is understandable."

Davis, listed at six feet and 195 pounds, heads to Dunedin, Fla., on April 3 for Blue Jays minor-league spring training. He says his goal is to make the class-A Lansing, Mich., affiliate.

Lightning wrap up season with win over Storm

The London Lightning's DeAnthony Bowden goes on the attack during Sunday's game against the Summerside Storm at the John Labatt Centre. The Lightning beat the Storm 109-87 in the last game of the National Basketball League of Canada's regular season. Tim Ellis paced the Lightning with 25 points, while Rodney Buford added 17. Gabe Freeman — who was named the league's player of the week for the third time this season — contributed 14 points and 14 rebounds. Playoffs start Tuesday when the first-place Lightning take on the Saint John Mill Rats in New Brunswick to kick off the best-of-three series. London will host its first playoff game at 7 p.m. Friday. ANGELA MULLINS/METRO

Sexual Assault. Man arrested in London hotel

An investigation into a sexual-assault case involving minors led Niagara provincial police to a London hotel room.

A 48-year-old man has been arrested and charged in connection with numerous sexual assaults involving minors.

The suspect was arrested at Super 8 motel on Wellington Road South on Friday.

Allegations first surfaced on Thursday in the Niagara Region, which prompted an investigation by the Niagara police child-abuse unit that led them to a man who was already wanted on a number of warrants across Canada.

Those warrants reportedly include sexual offences involving young people and numerous fraud-related offences.

Eugene Soucy, of no fixed address, is charged with two counts each of sexual assault, attempting to obtain the sexual services of a child, overcoming resistance to commission an offence, invitation to sexual touching, and one count of sexual interference.

AM980/AM980.CA

The allegations

Police allege the suspect approached young people with the promise of finding them a job.

Investigation

Pedestrian hit, police investigate

London police are investigating after a pedestrian was struck by a motor vehicle in the area of Wellington Road and Southdale Road East on Friday evening.

Anyone who has any information is asked to call the London Police Service at 519-661-5670.

METRO

Recreation

Swinging into golf season

London golfers can get a jump on the 2012 season on Wednesday when the city opens the Hickory Course at Thames Valley.

Tee times can be arranged by calling the golf course at 519-661-4450. The nine-hole Hickory Course has a mixture of par fours and threes with wide fairways. METRO

Elementary schools fail to make the grade

Education. Think-tank releases annual school rankings

The Fraser Institute has released its annual Ontario Elementary School Rankings, and the local numbers aren't all that impressive for either the Catholic or public school boards.

In London, 113 public schools and 33 Catholic schools were included in the report. Out of 2,695 schools, only one Forest City facility cracked the top 100: John Dearness in the public board. It ranked 75th.

The lowest-ranked facility was Sir John A. MacDonald at 2,689. It tied with several other schools in the province for that marker.

The report was compiled using results from the province's standardized testing, with each school receiving a rating out of 10 based on nine indicators to do with reading, writing and math skills.

The Fraser Institute says the Thames Valley District School Board scored an average of 4.7 out of 10 while the Catholic board brought in 5.3 out of 10. Both numbers are below the provincial average of 6 out of 10.

Officials with the Thames Valley District School Board have said they don't think the report is an accurate way to measure a school's success of an institution of education.

Michael Thomas, co-author of the report, says it's an important tool for parents.

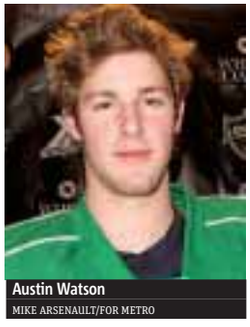
"It's not meant to replace parents doing good research into what a school's like, but I hear from parents every day that they're not getting enough information from the schools about how they're doing," he said.

Thomas also says the comparisons will help parents see how they can help.

"Many parents don't have any choice whatsoever about what private school they send their children to. They have to go to the local public school that's in their catchment area," he says.

"Other area schools might already be above capacity in terms of space, so they don't have any options except to go to their own school. And they want to be a part of improvement if their school needs to be getting their marks up. So this gives them a way to be involved as well."

AM980/AM980.CA



Austin Watson
MIKE ARSENAULT/FOR METRO

Bailie leads Gens past Knights

Kevin Bailie made 41 saves Sunday to lead the Oshawa Generals to a 4-1 victory over the London Knights in OHL play in Oshawa.

Some of his best work came late in the second as the Knights enjoyed a steady stream of power-play opportunities.

Austin Watson scored on a second-period power play for London (45-16-1), beating Bailie off the post on the glove side. The Knights have lost two straight, having dropped a 2-1 decision Saturday to the Ottawa 67s at the JLC.

Boone Jenner, Lucas Lessio, Matt Petgrave and Scott Sabourin scored for Oshawa (29-18-6).

Jenner opened the scoring in the first, converting on a short-handed two-on-one with Nicklas Jensen. Lessio's goal came 1:07 into the second as he cashed in a rebound off a Christian Thomas shot, while Petgrave scored late in the period on a similar play, beating London's Michael Houser after off a Scott Laughton rebound.

Sabourin's goal into an empty net while shorthanded came with 19.7 second remaining in the third.

THE CANADIAN PRESS

Party politics

NDP leadership debate gets testy

Montreal MP Thomas Mulcair, who is leading the NDP leadership race in terms of fundraising, faced several attacks from his opponents during a debate Sunday, as the race moves into the final stretch.

THE CANADIAN PRESS

Diplomatic duo

Rae meets with Netanyahu

Israeli Prime Minister Benjamin Netanyahu met with Liberal Leader Bob Rae Sunday as he ended a brief visit to Canada. The meeting touched on Iran's nuclear ambitions and the ongoing Israeli-Palestinian dispute.

THE CANADIAN PRESS

Interim Liberal Leader Bob Rae.

ADRIAN WYLD/THE CANADIAN PRESS

Infrastructure incident

Olympic stadium still crumbling

A giant concrete block fell Sunday from the ceiling of an underground parking facility in Montreal's Olympic Stadium. A security guard spotted the fallen slab and alerted emergency officials.

THE CANADIAN PRESS

Charter crash

Bus accident kills two seniors

A charter bus trip from Thetford Mines, Que., to a casino in the U.S. turned deadly on Saturday when the vehicle veered off the road and flipped into a ditch, killing two elderly passengers on board.

THE CANADIAN PRESS

Transportation talk

VIA crash spurs safeguard calls

An investigation over a deadly VIA train derailment last week in Ontario has revived calls for automated safeguards that could take over in a crisis and reduce the risk of potentially fatal mistakes.

THE CANADIAN PRESS

Study warns outdoor hockey may be doomed

National pastime. Global warming affecting ice rinks across the country, U.K. report suggests

Canada's favourite pastime is on its way to being an indoor-only sport in some areas of the country, a new study warns.

The study, released Monday by United Kingdom-based IOP Publishing, says outdoor ice hockey in Canada is being threatened by climate change.

Lawrence Mysak, co-author of the report and a professor at McGill University in Montreal, Que., said warmer winter temperatures caused by climate change is restricting the operation of ice rinks.

"We were able to see that in general, the rinks were being opened later and later over the last... 50 years, and secondly that the length of the season has also shortened by... one or two, sometimes three weeks," said Mysak from his office in Montreal last week.

Mysak fears the gradual warming of the earth caused by burning fossil fuels could eventually cause the beloved outdoor activity to perish in several decades.

"If we extend the trends into the future, there could be no outdoor skating rinks with global warming taking place," said Mysak, who grew up carving his skates into outdoor rinks in Edmonton, Alta.

Regions that are being hit the hardest are the Prairies, southeastern British Columbia and southern Ontario and Quebec. The Maritimes and northern parts of the country did not see significant changes, he said.

Damon Matthews, co-author of the report and a professor at Concordia University in Montreal, Que., said many regions experienced decreases in the length of the outdoor skating season.

"It's hard to imagine parts of the country that currently do enjoy outdoor skating not being able to do that at some point in the future," said Matthews, adding the study is the first of its kind.

"Outdoor skating, particularly hockey, is synonymous with Canadian culture. I think there's big cultural ramification to this as well."

In order to ensure Canada's future hockey stars will have access to backyard rinks, the country must tackle reducing greenhouse gases, the experts agree.

Since 1950, winter temperatures in Canada have increased by more than 2.5 C — three times the globally-averaged warming attributed to global warming caused by human activity, a news release from the publisher said.

Mysak said the study began as a 2011 thesis by McGill masters student Nikolay Damyanov.

THE CANADIAN PRESS

On ice

- Using historical weather data from more than 140 weather stations across Canada since the 1950s, the researchers calculated the annual start date and length of the outdoor skating season.
- The beginning of the season is considered the last of three days where the maximum temperature does not exceed -5 C, as it takes several cold days to lay the initial ice on the rink.
- The researchers then looked at how many days in January and February were cold enough to skate on backyard or community rinks built on the ground or snow.

Aiming to remember the past

Marvin Recker, 74, the great-grandson of War of 1812 soldier William Caldwell, closes his eyes as he fires his weapon on Sunday during a ceremony marking the anniversary of the Battle of the Longwoods. The ceremony took place at the actual site of the battle that occured near Wardsville, Ont., on March 4, 1813, during the War of 1812. DAVE CHIDLEY/THE CANADIAN PRESS

Surprise workplace visits 'legitimate strategy': CSIS

Canada's spy agency considers surprise workplace visits to be a "legitimate investigative strategy" despite persistent public concerns about the practice, a newly disclosed policy memo says.

The memo surfaced recently further to a complaint lodged by an Ottawa woman who took exception to being visited by Canadian Security Intelligence Service officers at her office.

The previously secret document shows that CSIS makes it a point to suddenly turn up at people's offices in order to intimidate them, said Paul Champ, the woman's lawyer.

"It's a strategy to make people uncomfortable and to coerce them into speaking to CSIS. I think that's clearly the intent of the policy," he said.

"It's about catching people off guard and unsettling them. They know that it causes fear in people, and that's precisely why they do it."

The woman, a Canadian of Middle Eastern origin, does not want her name published, given the unwanted attention she has already received, Champ said.

In 2006, CSIS officers made two unannounced visits to the woman's apartment, followed by a third, scheduled one. She then told the officers she had nothing more to say. But they persisted, first calling her at work, then showing up at her office.

"She found those surprise visits to be very distressing and upsetting," Champ said.

"Those are the kind of tactics that in some cases may well be acceptable for police officers. But CSIS agents are not police officers. And I find that kind of conduct by intelligence agents to be completely unacceptable."

The woman subsequently filed a complaint with the watchdog that keeps an eye on CSIS.

In late October 2005, then-CSIS director Jim Judd told senators studying anti-terrorism legislation that "there was nothing ill-intentioned" about the spy service turning up at people's offices.

"People are quite free to tell our investigators that they prefer to meet elsewhere, at home, a restaurant, a cafe, or in a park," Judd said. "That is a point we will make better known within the service. We will encourage our investigators to give people the option of picking a venue for investigations."

The classified November 2005 memo that spells out the spy service's policy on unannounced workplace visits was drafted by Jack Hooper, then CSIS deputy director of operations. It notes a CSIS committee had reviewed the practice following Judd's appearance.

Though the memo is more than six years old, there is no indication the policy has been updated.

Surprise workplace visits to members of the Muslim community were common around the time the memo was drafted but have become less frequent in recent years, said Ihsaan Gardee, executive director of the Canadian Council on American-Islamic Relations.

"We feel that that's a good thing. However, the fact that this policy is still in place is something that we view with concern because of the impact that it has," he said.

THE CANADIAN PRESS

Train crash. Poland defends rail safety after collision kills 16

Poland's government insisted Sunday that rail travel is safe in the country despite a train collision near the town of Szczekociny that killed 16 people, assurances that come months before masses of sports fans will enter the country for a major soccer tournament — many of whom will crisscross the nation by train.

Saturday night's crash, Poland's deadliest rail tragedy in more than two decades, raised new questions about the safety of a state-run rail network, which has undergone modernization in recent years. Poland still has a rail system marked by the legacy of the communist decades, but has been working to upgrade trains and tracks. THE ASSOCIATED PRESS

An aerial view shows the site of a train crash near Szczekociny, southern Poland on Sunday. / THE ASSOCIATED PRESS

Deadly blasts. Congolese arms depot explosion kills more than 206

Buildings collapsed in the Congolese capital of Brazzaville after an arms depot exploded Sunday, killing at least 206 people and entombing countless others including inside a church where dozens were attending mass when it buckled under the force of the blast, officials and witnesses said.

The shock waves shattered windows in a five-kilometre radius surrounding the barracks storing the munitions, including across the river that separates Brazzaville, the capital of the Republic of Congo, from Kinshasa, the capital of the larger Central African nation of Congo.

A morgue in Brazzaville took in 136 bodies Sunday afternoon, as more continued to arrive. A hospital worker who asked not to be named because he is not authorized to speak to the media reported 70 more deaths. The death toll is expected to rise as rescuers remove debris and discover more bodies.

Eyewitness

"It's like a tsunami passed through here ... The roofs of houses were blown off."

Christine Ibata, student

President Denis Sassou-Nguesso toured two hospitals and a morgue as injured people were being brought in including a four-year-old who had lost his leg. The president was visibly moved, but made no public comments.

It's unclear what started the fire at the barracks, but an official at the president's office said the depot is used to store war-grade weapons including mortars. The first blast went off at around 8 a.m., and several smaller blasts were heard throughout the morning. Another major explosion went off at around 1 p.m.

THE ASSOCIATED PRESS

Defiant stance

North Korean leader puts troops on high alert

North Korean leader Kim Jong-un visited the heavily armed border with rival South Korea and ordered troops to be on high alert, state media reported Sunday, just days after Washington and Pyongyang agreed to a nuclear deal after years of deadlock.

THE ASSOCIATED PRESS

Fatal accident

Pipeline shut down after Illinois car crash

Enbridge Inc. has shut down a pipeline that carries oil from Canada to the U.S. after two vehicles crashed through a fence outside Chicago and struck the pipeline, causing a fiery explosion. Police in New Lenox, Ill., say two men were killed and three others were injured in Saturday's crash. THE ASSOCIATED PRESS

Russian Prime Minister Vladimir Putin who claimed victory in Russia's presidential election, has tears in his eyes as he emotionally reacts at a massive rally of his supporters at Manezh square outside the Kremlin in Moscow yesterday. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Putin claims victory in controversial vote

Russian elections. Opponents allege fraud as incomplete returns showed Vladimir Putin will extend his hold for six more years

Vladimir Putin claimed victory in Russia's presidential election before tens of thousands of cheering supporters Sunday, even as the opposition and independent observers insisted the vote had been marred by widespread fraud.

At a massive rally just outside the Kremlin, Putin thanked his supporters for helping foil plots aimed at destroying Russia, sounding a nationalistic theme that has resonated with the prime minister's core supporters amid a wave of unprecedented protests.

Rally planned

"These elections are not free ... that's why we'll have protests tomorrow. We will not recognize the president as legitimate."

Mikhail Kasyanov, who was Putin's first prime minister before going into opposition

"I have promised that we would win and we have won!" he shouted to the flag-waving crowd, which responded with shouts of support. "We have won in an open and honest struggle."

He said the vote showed the majority of Russians has rejected "political provocations" by his opponents aimed at "destroying Russia's statehood and usurping power."

Putin tallied 58-59 per cent of the vote, according to exit polls cited by state television. Communist Party candidate Gennady Zyuganov received about 18 per cent, according to the surveys, and the others — nationalist Vladimir Zhirinovsky, socialist Sergei Mironov and billionaire Mikhail Prokhorov — were in single digits.

Official vote results from the far eastern regions and Siberia where the count was already completed seemed to confirm the poll data. With about 60 per cent of all precincts counted, Putin was leading the field with 65 per cent of the vote, the Central Election Commission said.

If thousands of claims of violations made by independent observers and Putin's foes are confirmed, they would undermine the legitimacy of his victory and fuel further protests by Russians exasperated with corruption, rising social inequality and tight controls over political life.

The opposition is gearing up for a massive rally in downtown Moscow on Monday.

Golos, Russia's leading independent elections watchdog, said it received numerous reports of "carousel voting," in which busloads of voters are driven around to cast ballots multiple times.

Alexei Navalny, one of the opposition's most charismatic leaders, said observers trained by his organization also reported seeing extensive use of the practice.

Putin's campaign chief, Stanislav Govorukhin, rejected the claims of violations, calling them "ridiculous."

THE ASSOCIATED PRESS

A demonstrator celebrates Vladimir Putin's early vote count lead Sunday in Moscow. THE ASSOCIATED PRESS

Twitter fraudster causes flap

Some mischievous fakery on Twitter has briefly caused a flare-up in already strained U.S.-Russian relations.

An Internet user mimicking U.S. Ambassador Michael McFaul's account tweeted that evidence of mass violations would undermine the legitimacy of Russia's presidential election Sunday. Prime Minister Vladimir Putin is expected to win handily.

That tweet sparked indignant responses from, among others, Russian presidential aide Arkady Dvorkovich.

The real McFaul hastily issued messages distancing himself from his disguised online doppelganger.

Dvorkovich tweeted his relief, but likely not before the damage was done.

Putin supporters have routinely accused the U.S. — and McFaul personally — of being behind the unprecedented protests against his rule.

THE ASSOCIATED PRESS

Enbridge pipeline crash.
Two men killed, three others injured

Enbridge Inc. has shut down a pipeline that carries oil from Canada to the U.S. after two vehicles crashed through a fence outside Chicago and struck the pipeline, causing a fiery explosion.

Police in New Lenox, Ill., say two men were killed and three others were injured in the Saturday crash.

Enbridge spokeswoman Lorraine Little said the pipeline was shut down immediately when sensors detected a drop in pressure. A second, undamaged line was also shut down as a precaution. Both lines carry crude oil from Enbridge's facility in Superior, Wis., to a terminal in Griffith, Ind.

Little said the undamaged line has reopened but Line 14 remains closed, and she said it likely won't be restarted until Thursday.

The line is 60 centimetres wide and carries various grades of crude from Canada, as well as oil from North Dakota. It normally transports 317,000 barrels per day.

New Lenox police Chief Bob Sterba called the crash "horrible, horrible, horrible," Sterba said the five men involved in the crash were in their 20s and all from New Lenox.

New Lenox Mayor Tom Balderman said crews were quickly able to seal an oil leak.

Officials said there should be no environmental impact and there is no danger to the public.

Little said the company has reduced the amount of oil flowing into Superior on two of its lines — Line 3 that originates in Edmonton and Line 2b that begins in Cromer, Man. She said it took a while to come up with an estimate for how long it would take to get the damaged line open because crews needed to wait until the fire was put out, the wreckage was cleared and the area had cooled. "It was a very tragic vehicle accident and it had nothing to do with our operations. It just unfortunately occurred right at our facility," Little said.

THE CANADIAN PRESS

Social-media site trumps.
A stumble-upon success tailoring links to users

StumbleUpon may not have the same household-name cachet as Air Canada, Canadian Tire, Costco or Sears, but online the Canadian-born social-media site trumps them all.

According to Alexa.com, StumbleUpon ranks just inside the top 100 most-visited websites in Canada and the U.S. — ahead of all those huge brands and big names, including Facebook.

Not bad for a website that got its start in a Calgary dorm room about a decade ago, and has gradually been built into one of the biggest traffic drivers on the Internet today.

Users of StumbleUpon — of which there are now more than 20 million — are fed random web links based on the list of interests they specify, such as beauty, fashion, literature, nutrition, pets and photos. Users can give a thumbs-up or -down to pages they "stumble upon," which helps the website build a personalized taste profile.

"The vision was: how do you discover new and interesting content with very little effort?" said co-founder Garrett Camp, 33. "Up until about a year ago we were pretty under the radar ... but I think that's changing."

But Camp isn't content with the site's success thus far and is eyeing exponential growth.

"I feel like we could be 10 times the size we are now," he said after listing off a number of features that he hopes will propel StumbleUpon to another level.

Currently, StumbleUpon only caters to English-speaking audiences, but that's expected to change sometime this year to help fuel international expansion.

One of the most talked-about parts of StumbleUpon's history is how Camp sold the company to eBay for $75 million US in 2007 but then bought it back two years later — reportedly for less than what he sold it for — when it was clear that it wasn't a good fit.

THE CANADIAN PRESS

StumbleUpon CEO and founder Garrett Camp poses for a photo at his San Francisco headquarters. JEFFERSON GRAHAM/THE CANADIAN PRESS/THE ASSOCIATED PRESS

Environment

Conservatives scrap charity agreement

The Conservative government cancelled an agreement with a charity that supports environmental causes eight months after energy firm Enbridge Inc. lobbied against the deal, The Canadian Press has learned.

The federal Fisheries Department said last September it would no longer use an $8.3-million grant from the Gordon and Betty Moore Foundation, a U.S.-based environmental trust. The foundation donated the money through charity Tides Canada, which was to distribute the funds with federal oversight to support a departmental marine-planning initiative. THE CANADIAN PRESS

Bank policy

Budget promises finally met

The Conservatives are making good on a two-year-old budget promise by ensuring banks can't hold personal cheques for more than four business days before freeing up funds. The change which affects cheques under $1,500 was announced on Sunday by junior finance minister Ted Menzies. He announced several other consumer-friendly changes that were promised as far back as the 2010.

The changes ensure that cheques worth less than $100 must be cashed immediately in person or the following day if deposited in a bank machine. THE CANADIAN PRESS

Oil spill

BP reaches victim settlement

A settlement that BP is hammering out with victims of the massive Gulf oil spill finally provides a system for monitoring health concerns and compensating people whose illnesses are found to have a link to the disaster.

Under the settlement, the British oil giant said it expects to pay out $7.8 billion to settle a wide range of claims that also include property damage, lost wages and losses to businesses.

THE ASSOCIATED PRESS

Market Moment

DOW JONES
12,977.57
(-2.73)

NASDAQ
2,976.19 (-12.78)

S&P 500
1,369.63 (-4.76)

TSX
12,643.82 (-79.64)

Dollar: $101.15 US (-$0.28)
Oil: $106.70 US (-$2.14)
Gold: $1,709.80 US (-$12.40)
Natural Gas (per 1,000 cubic feet): $2.48 US (+$0.2)

A representative of the Honda booth works next to a car prior to the opening of the 82nd Geneva International Motor Show in Switzerland on Saturday. The Motor Show will open its gates to the public from the 8th to the 18th of March presenting more than 260 exhibitors and more than 180 world and European premieres. MARTIAL TREZZINI/KEYSTONE/THE ASSOCIATED PRESS

Europe's car market saturated: Analyst

As automakers prepare to roll out new models this week at the Geneva Auto Show — one of the major events in the automotive calendar — they are being forced to fight for a slice of an ever-shrinking European market stricken with austerity and recession.

Industry executives have estimated that Europe's car industry has the production capacity to build 20 per cent more vehicles than they are able to sell. Renault and Ford Europe are losing money in Europe — even when sales in emerging economies such as China help keep the companies in the black. Cars sales in Europe this year are forecast to decline by nearly 5 per cent to 12.9 million units, according to the Center for Automotive Research — down from 15.7 million in 2000. Gaining a competitive edge with new models and updated technologies may be part of the cure. But the tougher medicine will mean taking an axe to European factories.

"There are too many cars, and too many brands making similar cars. There is going to be lots of consolidation in the European market," said analyst Tim Urquhart.

THE ASSOCIATED PRESS

Jaclyn Miles is using her platform as Miss Canada to raise awareness about domestic abuse. SUBMITTED

MISS CANADA TAKES ON DOMESTIC ABUSE

URBAN COMPASS
Todd Devlin
london@metronews.ca

Life has been very busy for Jaclyn Miles. In addition to continuing her studies at Althouse Teacher's College at Western, the 23-year-old has been fulfilling her duties as the winner of Miss Canada 2012, a contest she claimed in Montreal in January.

And as a victim of domestic violence, she's urging others to break the silence.

"My platform is talking about abuse in many different forms," said Miles. "I encourage all victims of abuse to break the silence, speak up and report it, which is half the battle."

Her story

"It was humiliating to admit that I could allow myself to be broken down and treated (that way)," she said. "I was scared to be judged and ashamed to talk about it, but this is exactly the problem."

Jaclyn Miles
Miss Canada 2012

Her schedule has included speaking engagements and media appearances, and she has done volunteer work and made several school visits — at both the elementary and secondary level.

"I'm busy all the time, but I wouldn't have it any other way," said Miles, originally from Amherstburg. "I don't want to waste a single day."

Miles is largely focused on reaching younger generations because, she believes, if children and teenagers grow up in abusive situations, they can become more susceptible to experience other forms of abuse or even to become abusers themselves down the road.

"Stopping it at the beginning is a very proactive approach to it," she said. "But we need to start talking about it."

That's exactly what she did, and in front of a large audience and a group of judges at the Miss Canada 2012 competition. In describing the cause that she would champion if awarded the crown, Miles opened up about her own personal experience in an abusive relationship.

"It was humiliating to admit that I could allow myself to be broken down and treated (that way)," she said. "I was scared to be judged and ashamed to talk about it, but this is exactly the problem."

Since earning the title Miss Canada 2012, she has embarked on her Break the Silence campaign and encouraged victims everywhere to speak up and do what they can to get help. For her dedication to the cause, she was recognized last Thursday at Community Living London's A Night of Heroes event.

"I'm motivated by not letting people go through what I went through," she said. "I think I'm destined to help other people with their struggles as victims of abuse."

Move aside, American Idols

FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

Key West

Catch your breath for Conch Shell Blowing Contest

Claire Hurd blows a decorated conch shell during the 50th Annual Conch Shell Blowing Contest in Key West, Fla.

Smith and more than 50 other contestants were judged at the event that took place on Saturday.

THE ASSOCIATED PRESS

Tooting your own horn

"I'm all about preserving the heritage of my home town. This is just one small piece that I get to contribute to helping preserve that history."

Clinton Curry, 38
A seventh-generation Key Wester, who first blew a conch shell as a child, and took top honours at this year's festival

History

- **The event drew more than 50 entrants, ranging from young children to seniors, who were judged on quality, novelty, duration and loudness.**
- **The contest was conceived by the Old Island Restoration Foundation, founded in 1960 to advocate the preservation of Key West's culture as well as historically significant buildings.**

Tradition

It's called the Conch Republic

The fluted, pink-lined conch shell has been blown in Key West since the early 1800s, when seafaring settlers used it as a signaling device. Native-born islanders like Curry are commonly called Conchs, and the Florida Keys are known as the Conch Republic.

THE ASSOCIATED PRESS

Local man raises the roof to raise money for humane society

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Spending a week up on the roof in the middle of winter might seem like the domain of a trapped animal.

But a person? (And we're not talking about a fiddler, here.) Well, if you looked to the roof of Rocky's Harley Davidson recently you likely saw local resident Shawn Donaldson, who spent a week up there to raise money for the London Humane Society. A similar fundraiser in 2010 yielded a collective donation of over $10,000 for the organization. The money that Donaldson has raised this year will be used to pay for surgeries, medication and veterinary services used by the shelter. "Soon after the first fundraiser I was getting a lot of positive feedback and asking when we would be doing it again. So we started planning again this past October, and decided this time to go with a dog house instead of a tent," said Donaldson. As long as Donaldson keeps playing the fiddler each year, local animals will be anything but trapped. To donate to the London Humane Society, visit londonhumanesociety.ca.

CRAIG AND MARC KIELBURGER

E-mail us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro
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2 SCENE

Box office

1. Dr. Seuss' The Lorax, $70.7 million
2. Project X, $20.8 million
3. Act of Valor, $13.7 million
4. Safe House, $7.2 million
5. Tyler Perry's Good Deeds, $7 million

It's time for the networks to do a little spring cleaning on their prime-time lineups. Metro takes a look at five new shows to find what's in season and what's out of date.

AMBER RAY, METRO WORLD NEWS
scene@metronews.ca

7 TV shows for spring

Ashley Judd stars in Missing / HANDOUT

1 Missing: March 15, CTV

The plot: A former CIA agent tears through Europe in search of her son, whom she suspects has been abducted.

Smells like: Taken, with Ashley Judd in the Liam Neeson role.

Remember that scene in Taken? "I don't know who you are. But if you don't let my daughter go, I will find you. I will kill you," Neeson says. To what lengths is Judd's character willing to go in Missing?

"In a flashback, you see my husband and me working as CIA operatives together, and we are faced with some really wrenching moral dilemmas," Judd says. "[Now the question is, 'Will] I potentially set aside my values and integrity in order to accomplish what seems to be a more precious goal, which is save my child?'"

A scene from Magic City /HANDOUT

2 Magic City: April 6, Starz

The plot: In late-1950s Miami, the swanky Miramar Playa Hotel plays host to everyone from Frank Sinatra to the CIA as Castro's army rises in Cuba. The series follows the drama surrounding the family (headed by Jeffrey Dean Morgan) that runs the resort.

Smells like: Mad Men with gangsters.

Magic City creator Mitch Glazer grew up in Miami Beach and says he's been "squirreling away" stories from this era to write into a show. "The cool thing was, besides the beauty and the glamour [of the '50s and '60s], there were also really amazing things happening in the world," Glazer says.

Kerry Washington/ HANDOUT

3 Scandal: April 5, Citytv

The plot: Kerry Washington stars as a Washington, D.C., "fixer," the head of a crisis-management firm who can resolve any conflict — except those in her personal life.

Smells like: Grey's Anatomy in the capitol

Grey's Anatomy creator Shonda Rhimes strips her trademark female lead of scrubs and transports her to D.C.

"I love my shows that have stethoscopes in them," says Rhimes, who also created Private Practice. "This is just a different story. My shows are not necessarily medical shows or political shows. They're shows about strong, smart women and flawed, interesting people."

Kiefer Sutherland stars in Touch/ HANDOUT

4 Touch: March 22, Global

The plot: Kiefer Sutherland plays Martin, a widower struggling to provide for his emotionally challenged mute son, Jake, who has the ability to see patterns that connect everything in the world.

Smells like: Heroes meets Crash.

Tim Kring, the mastermind behind Heroes, is the creator of Touch."In terms of Jake's character being like a character on Heroes," Kring says, "we probably had some characters that had various abilities that would be kind of in that [same] category..."

5 Frozen Planet: March 18, Discovery

The plot: This documentary from the team behind Planet Earth uses its incredible filmmaking technology to capture an unprecedented glimpse of life at Earth's polar regions.

Smells like: Planet Earth on ice.

Frozen Planet / HANDOUT

"We were really motivated as a team to go and create this kind of ultimate portrait of the polar regions, because I think everyone's aware that there's a lot of change going on," says series producer Vanessa Berlowitz, referring to global warming. "In some ways, we feel that this series may be a last chance to see these great wildernesses on our planet before they change forever. I hope that's going to be the legacy of the series."

6 Girls: April 15, HBO

The plot: Writer/actress Lena Dunham brings her jaded take on life as a twenty-something in NYC to television — with the help of executive producer Judd Apatow.

Smells like: Dunham's film Tiny Furniture, moving the hipster pathos to Brooklyn.

Girls deals with the angst of life as a twenty-something in NYC./ HANDOUT

"It's closely based on my own experience of getting out of college and not having a sense of whether I would ever get to do the thing I wanted to do," Denham says of her inspiration for Girls. "I've always been someone who feels better if I see what I'm going through in a movie — I'm like, 'OK. It's not the worst.' So I really wanted that for me and for other people."

7 Veep: April 22, HBO

The plot: Political satirist Armando Iannucci (In the Loop) is behind this chronicle of the day-to-day minutiae of Selina Meyer, vice president of the United States (Julia Louis-Dreyfus).

Smells like: A funny version of The West Wing.

"Watching the political process at the moment, your instinct now is to laugh because the alternative is to cry," Iannucci says. "I think a lot of people are genuinely frustrated because they don't understand why so many clearly very able people concentrated in one locale can't sort something out. It seems to be the right moment to come up with something that starts asking you or showing you how this happens."

Veep stars Julia Louis-Dreyfus/HANDOUT

Jason Isaacs, right, stars in Awake / HANDOUT

The newest Fringe: Are TV audiences ready to stay Awake?

Alternate dimensions. A detective searching for the truth. But in Awake, there's "no sci-fi," insists star Jason Isaacs, best known for his role in Harry Potter.

AMBER RAY
Metro World News
scene@metronews.ca

Jason Isaacs, best known for his portrayal of the Harry Potter villain Lucius Malfoy, may have hung up his broomstick, but fantasy remains at the forefront of his latest project.

The psychological drama Awake is not a by-the-books Law & Order redux, that's for sure. In the show, Isaacs plays detective Michael Britten, who is involved in a deadly car accident with his wife and son — except, he's not sure if it was his wife or son who perished in the crash.

Britten has developed a unique coping mechanism that has convinced him he is living two realities. In one, his wife is alive, but his son is not. He falls asleep, wakes up, and lives the second reality: His son is alive, but his wife is not. The cycle alternates every day.

"In many ways I took the part because I wanted to see what Episode 2 was before anybody else read it," Isaacs jokes. But intrigue did play a major part in Isaacs' decision to join the show. "It's just one of those incredibly simple yet powerful premises about your imagination: what if your dreams were so real that you didn't know you were dreaming?" he ponders.

The idea that Det. Michael Britten is living two lives brings into question whether or not he really is just dreaming. "There's no sci-fi," Isaacs insists. "He doesn't fly. Both worlds are equally and completely real — to him. But only one of them does exist."

On tour. Kool & the Gang offer a Celebration to last through the years

Kool & the Gang are opening for Van Halen? This unlikely lineup sounds like the biggest tour on the planet … circa 1982. But make no mistake, this is a double-bill that is hardly past its prime, as many of the shows on the tour are sold out.

Founding member Robert "Kool" Bell says that a group known for dancing the night away works well with a group known for jungle boogying.

Kool & the Gang / GETTY IMAGES

How did this whole tour come about?
We've known [Van Halen singer David Lee Roth] for a year. What happened was that he saw us performing at the Glastonbury show last August and we had about 60,000 people in front of our stage … he saw us there and said, "I want you guys to open up for us."

And had you crossed paths before? Both bands were on top of the world in the 1980s.
Well, that's one of the things that he brought to my attention. They were hot in the '80s, with Jump and some of their big records. They were the rock party band, and we were the pop-funk party band.

Though the '80s were big, you guys aren't really defined by those years.
Kool & the Gang have been playing since '64, and we've been dealing with changes every decade. But we've been blessed to make it through the '60s, the '70s, the '80s, the '90s and now the new millennium.

PAT HEALY/METRO BOSTON

Rap superstar. Tyga on top of his game with hip-hop's hottest label

A new album and a national tour should have an artist feeling on top of the world.

But when you're a member of Young Money — home of Lil Wayne, Nicki Minaj and Drake — no one could blame you if you were a bit nervous.

Yet rapper Tyga seems to be at ease with his position at what is arguably hip-hop's hottest label.

Since his 2008 debut album, No Introduction, a string of mix tapes has maintained the buzz. His collaboration with Chris Brown on Fan of a Fan gave birth to Deuces, which netted a Grammy nod.

Tyga's newest project, sophomore album Careless World: Rise Of The Last King, released last week, is on track to crack 70,000 in first-week sales — not bad, considering an uncleared sample kept physical copies out of stores.

It's an album that steps up his game while claiming a more diverse sound.

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From actress to addict:

Can Lindsay really make a comeback?

THE WORD
Dorothy Robinson
scene@metronews.ca

Do you remember Lindsay Lohan when she was a talented child actress, before the puffy face and handcuffs?

We're struggling.

Fame at a young age

Like other troubled former child stars (see: Drew Barrymore, Corey Haim, Corey Feldman, Britney Spears, to name just a few), Lindsay's unusual upbringing may have contributed to her current problems.

- **Lost childhoods.** "Child stars often become 'adult children' with highly stressful responsibilities. As young adults they sometimes attempt to re-capture their lost childhoods by acting out and behaving in self-destructive ways, which may be one of the reasons Lindsay has been so troubled," explains Gaba.

The 25-year-old is now better known as an addict than as an actress, but has the combination of jail time, therapy and community service at a morgue finally made her come to her senses?

Psychotherapist Sherry Gaba has doubts over Lohan's sobriety. "When a person is sober, they usually know their sobriety date without question. She did not give it in her most recent interview, so I am not so sure that she is," says Gaba of last week's chat with Matt Lauer for The Today Show.

On the other hand, Lohan's career seems to be back on track and she's being tipped for the coveted role of Elizabeth Taylor in the upcoming Elizabeth and Richard: A Love Story, provided she behaves.

"Getting and staying sober is a one day at a time program," says Gaba.

"Lindsay will need to continue to stay close to a recovery program that will need to include 12-step meetings, a sponsor, and possibly psychotherapy to deal with the underlying issues that have lead to her numerous relapses."

ROMINA MCGUINNESS WROTE TODAY'S EDITION OF THE WORD.

What's the long-term solution for Lindsay?

"What she needs is relationships with people who have her back and bring out the best in her; not drag her down in their chaos."

Psychotherapist Sherry Gaba

Lindsay Lohan / ALL PHOTOS GETTY IMAGES

Arnold and Maria caught playing happy family

Despite separating last year, Maria Shriver appears to be looking to reconcile with Arnold Schwarzenegger, according to the New York Post.

"Arnold and Maria are having marriage counselling to work through their issues to get back together," a source says.

"Maria is a devout Catholic and doesn't believe in divorce, but is still struggling with the humiliation she endured by him."

It was revealed last year that Schwarzenegger had fathered a 13-year-old child with a housekeeper, prompting Shriver to dump him.

Other sources have said the counselling rumours aren't true, but Schwarzenegger and Shriver were spotted having lunch together before doing some furniture shopping in Santa Monica, Calif., last week.

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If the YouTube videos are staged, what are the implications for the child? / ISTOCK

When funny kid videos may be fake

YouTube. Every week, a new video appears online with a child doing something wacky or unique. But are they staged?

MICHELLE CASTILLO
Metro World News

On YouTube, you'll find many adorable videos of kids singing Twinkle Twinkle Little Star, but one of them, titled Girl Singing With Her Mouth Closed funny hidden talent, has suddenly scored more than 420,000 views — and a number of negative comments.

"Wait, was that real?" asked one — as in, is it possible to sing with one's mouth closed?

"Fake," said another. "Fake but funny." "It's real!" said one more.

Thirty-one pages of debate followed. Mary Napoli understands the uploader's pain.

She posted a video called Family Home Destroyed By Avalanche — Children To Blame, which reportedly showed her two sons blanketing her home in a five-pound bag of flour while she was in the bathroom.

Plays with flour? / YOUTUBE

Sings with mouth closed? / YOUTUBE

Shocked by Empire? / YOUTUBE

Although the video was supposed to be for friends and family, it ended up getting almost four million views on YouTube — and plenty of negative responses from people who claimed it was a fake.

Her family even appeared on the Today Show on NBC to debate the authenticity of the video.

"I had people pinpointing, 'Oh she has flour on her pants,' and freeze framing the whole thing," she said to Metro.

"Honestly, it was almost mostly negative feedback," Naopli added. "I had huge emotional problems over it. I was just doing it for family. I definitely have tougher skin for it."

She still maintains it is authentic.

Dr. Bonnie Eaker Weil, a New York City psychotherapist and author of Make Up, Don't Break Up, said that parents may be harming their children by falsifying a clip, especially if that child becomes an online celebrity.

"You can be teaching a child that lying and fabricating is OK," she said. "They can grow up and become narcissistic and learn how to manipulate. It also makes them feel that the only way to be loved is to get attention in these ways," Weil explained.

Bashar Akhtar is another parent accused of fabrication. His son and daughter became stars after their video — of his son Faris' shocked face after he found out that Darth Vader was Luke's father — received more than 3 million views.

"Nasty comments were posted," he said, but maintains the video is true, and can prove it. "I don't think Faris or Shazia are that good actors!" he protests. "He loves Star Wars — and keeps trying to Jedi Mind trick his sister."

Negative comments

'That boy is ugly!'

Parents, be careful what you post, and what your kids read about themselves.

Negative comments, especially those about appearance, can have adverse affects on children who may not understand the difference between reading comments online and real-world critique.

"Three million people are judging you. People can be mean and sadistic," said Naopli.

"What you want to do as a parent is talk about the bullying that happens on YouTube," she said. "YouTube (comments) are another form of a reality show.

This is another chance to tell children that (these comments) are not the real world, this is not reality."

3 LIFE

Laundry evolution

New Tide

It took eight years, 450 product sketches, 6,000 customer tests and hundreds of million of dollars for Procter & Gamble to create something that it hopes will not be destroyed in the wash.

Tide Pods are palm-size, liquid detergent-filled tablets that are designed to be tossed in the washer to take thåe measuring cups — and messiness – out of laundry. The company says they'll hit stores next month.

100th Anniversary

Girl Scouts

A century has passed and millins of Americans have taken the Girl Scout promise, sold Samoas and Thin Mints by the truckload and gone on to careers from CEOs to astronauts. As they celebrate their 100th anniversary, the Girl Scouts boast a record of progressiveness.

Making snack time a lot more impressive just got easier

This recipe makes 48 wontons. THE CANADIAN PRESS H/O

Spiced Avocado Wontons. These crispy bite-sized eats will make a great appetizers for any entertaining occasion

1 Place olive oil in skillet over medium high heat. Add onions and cook, stirring often, until softened, about 4 mins. Add cumin, salt, chili powder, cayenne and cinnamon. Stir to combine and let cook for 1 min.

2 Add ground beef and cook, stirring often, until browned 5 mins. Add red peppers and cook for another minute, breaking up bigger pieces of meat with a wooden spoon. Remove from heat. Sprinkle lime juice over avocado and add to meat mixture. Stir gently to combine.

3 Place equal amounts of meat mixture in the centre of each wonton wrapper, about 5 ml (1 tsp) each.

4 Dip fingers in water and moisten edges of won ton. Fold wonton over to form a triangle, pressing edges to seal. Repeat with remaining wrappers and meat mixture.

5 Place 5 cm (2 inches) of oil in a medium saucepan. Place saucepan over medium heat. Working in batches, carefully put 5 or 6 wontons in oil and cook until golden about 40 seconds. Turn and cook another 30 to 40 seconds. If wontons get brown too quickly, lower heat a little bit.

6 Remove wontons from oil with a slotted spoon. set drain on paper towels before serving the dipping sauce.

7 Place avocado, sour cream, lime juice and zest in the work bowl of a food processor and blend until very smooth. THE CANADIAN PRESS/ HASS AVOCADO BOARD

Ingredients

- 15 ml (1 tbsp) olive oil
- 125 ml (1/2 cup) diced onion
- 1 ml (1/4 tsp) ground cumin
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) chipotle chili powder
- 0.5 ml (1/8 tsp) each cayenne pepper and ground cinnamon
- 250 g (1/2 lb) ground beef
- 160 ml (2/3 cup) finely diced red bell pepper
- 15 ml (1 tbsp) lime juice
- 1 ripe fresh avocado, peeled, seeded and finely diced
- 50 count package wonton wrappers
- 50 ml (1/4 cup) water

Dipping Sauce

- 2 ripe, fresh avocados, peeled and seeded
- 250 ml (1 cup) low fat sour cream
- 30 ml (2 tbsp) lime juice (or to taste)
- zest from 2 limes, optional

Healthy eating

Choose it and lose it

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Chinese soups are delicious options for those craving something warm on a cold day. Watch for what's in the soup before you choose.

Wonton soup

452 calories/ 17 g fat
The chicken broth is fine but the pork dumplings count in the fat and calories of this common Chinese soup.

Equivalent

10 oz. pork tenderloin in calories
Jus one bowl of Wonton soup will cost you a lot in calories.

Egg drop soup

182 calories/ 9.5 g fat
Even if two eggs are used in this soup, that would only account for 150 calories and about 8 gm of fat.

Score big with by serving these Grilled Chicken Wings

Try these chicken wings during a big game, or any other time. Broilkingbbq.com offers a wide variety of recipes, tips, and tricks for everyone from the novice griller to the die-hard outdoor chef. The barbecue chefs at Broil King have developed this recipe for delicious grilled wings.

1 Preheat the barbecue on high.

2 Cut each wing at the joint to make two pieces, and discard wing tip if still attached. In a large re-sealable bag, whisk together vegetable oil, garlic, spices and vinegar. Add chicken wings and toss to coat.

3 If using rotisserie basket, spray or brush lightly with vegetable oil to prevent sticking. Place chicken wings on bottom of basket, cover with the top part, and fasten on tightest setting to secure the wings in place. Cooking grids will need to be removed, and a drip pan placed beneath. If using rear rotisserie burner, set to high. If using lower burners, set to medium. Place the basket on spit and in the rotisserie and start the motor. Cook until golden brown and crisp, about 45 minutes to an hour.

4 If cooking directly on well oiled cooking grids, turn heat to LOW, and cook, turning frequently until golden brown and crisp, 30 - 45 minutes. Use an instant-read thermometer to ensure that all wings are cooked through and ready to eat

5 Stir all the dip ingredients. May be made ahead of time and chilled until ready to serve. BROILKINGBBQ.COM/NEWS CANADA

Ingredients

- 3 lb chicken wings – cleaned and trimmed

Marinade

- 1/3 cup vegetable oil
- 1 clove garlic, minced
- 1/4 tsp cayenne
- 1 tsp chili powder
- 1 tsp oregano
- 1 tsp kosher salt
- 2 tbsp red wine vinegar

Blue Cheese Dip

- 1/2 cup Mayonnaise
- 1 clove garlic, minced
- 1 tbsp onion, grated
- 1 tsp fresh thyme, chopped
- 1 tbsp red wine vinegar
- 1/3 cup blue cheese, crumbled

This recipe serves six to eight people. NEWS CANADA

Slapping a filter on bottled water

Brita launches tap water campaign.
Aiming to cut down on environmental impact caused by millions of empty plastic bottles

BEN KNIGHT
Life@metronews.ca

For millions of Canadians, drinking water comes down to this: filtered at home; bottles on the road.

But bottled water has become a significant environmental concern. Untold millions of empty plastic bottles overwhelm municipal recycling efforts — or simply end up in landfill.

In 2009, the Federation of Canadian Municipalities called on its member towns and cities to ban the sale of bottled water on all municipal property. But that hasn't dampened the overwhelming success of the bottled-water industry. Demand is huge, and the volume of discarded containers continues to grow.

To counter this, the biggest name in home water filtering has produced a reusable water bottle — with a filter.

"One Brita Bottle can effectively replace as many as 300 500-ml bottles of water," says Soula Kioussis, director of marketing for Clorox Canada, the parent company of Brita.

"It's a great alternative to bottled water. It lasts roughly two months; about 256 servings."

The Brita Bottle sells for around $10, holds 20 ounces of water, and filters as you drink. Replacement filters cost $7.99 for a two-pack.

"It was rolled out in July, 2011, and we've been happy with the success we've been having," Kioussis notes. "It's available across the country in grocery and hardware stores, and it's relatively affordable."

Buying one bottle instead of 300 has to be good for the wallet. And Brita Bottles are fully recyclable, containing no BPAs or other dangerous chemicals.

"We can take the benefit of what we've been giving consumers in their home, and now let them take it on the go," she says.

Reaction from the bottled-water industry has been muted — to the point of virtual non-existence. Consumers have occasionally complained that the Brita Bottle can be leaky or sometimes awkward to drink from, but the product is being well-received across Canada.

It's far from the first time the company has taken action against bottled water.

"In 2008, we launched the FilterForGood campaign, to encourage Canadians to drink tap water as opposed to bottled water, and educate Canadians on the impact of bottled-water waste. And since then, thousands of Canadians have taken the online pledge to reduce their bottled-water waste."

Brita has also sponsored concerts, and the famous Sundance Film Festival, removing bottled water completely from popular, well-attended, high-profile events.

By the numbers

60

Statistics Canada's most recent estimate of litres of bottled water consumed by the average Canadian in a year. That represents sales worth $652.7-million.

Queen of Green

Brew from a can or brew from a bottle?

What's better for the environment—beer in cans, or bottles?
Dave of Halifax

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Whatever you choose — choose sustainability / ISTOCK PHOTO

Locally made beer in a glass bottle is better.

If your favourite beer is made in a land far, far away, choose cans. But two other options exist: 1) a draft at a local pub (maybe at a Green Drinks event?) or, 2) a local and organic brew.

According to the federal government, the brewing industry maintains a good environmental record. But what does that mean?

Thanks to provincial bottle return deposit systems, minimal quantities of packaging end up in municipal landfills. The national average for recycled glass bottles is 97 per cent and they're reused 15 to 20 times. Aluminum can recovery rates are lower, about 80 per cent.

Apparently our Canadian marketplace is characterized by high bottle usage due to consumer preference, environmental regulations and industry systems to facilitate re-use. Some provinces even impose a levy or a deposit on non-reusable containers (i.e., cans) to deter their use.

But cans are lighter, right? Yes. And that means transportation emissions are lower. Most cans contain about 40 per cent recycled aluminum, which is also good news. Recycled aluminum requires 95 per cent less energy and produces 95 per cent less greenhouse gas emissions than manufacturing new aluminum.

Another point for glass is that canned beverages — beer, pop, infant formula, — leach bisphenol-A (BPA) from their protective metal linings. BPA is a human-made chemical linked to breast and prostate cancer, and many more health concerns.

Finally, keep your eyes peeled for certified organic beers. Sustainability runs deep with many companies that compost, use rain barrels and even power their operations with renewable energy. Always recycle bottles and cans.

TOO GOOD TO BE TRUE?

IT PROBABLY IS. KEEP ONLINE FRAUDSTERS OUT OF YOUR HOME BY BEING AWARE

ISTOCKPHOTO/THINKSTOCK

Who hasn't received an email from someone in a foreign country who says they need your help — and your bank account number — in order to get a huge inheritance out of the country?

Of course, it's a scam, warns Staff Sgt. Paul Proulx, manager of the Canadian Anti-Fraud Centre in North Bay, Ont.

March is Crime and Fraud Prevention Month, and the theme this year is online fraud.

"Computers are in over 80 per cent of homes today," says Proulx. "But computers can bring fraudsters into your home, too."

Online scams come in the form of pop-up boxes, legitimate-looking advertisements and emails sent directly to your inbox.

According to the Canadian Anti-Fraud Centre and the British Columbia Crime Prevention Association some of the most popular online fraud pitches being used today include:

- Sales of a service or merchandise by a third party.
- "You've Won a Big Prize."
- Emergency. Often targeted at grandparent, someone emails (or calls) pretending to be a grandchild in need of quick money.
- Anti-Virus Scam. Someone claiming to be from Microsoft, for example, advises that there is a virus problem on your computer and offers to fix it — but you will have to provide remote access.
- Free loans ... once you fill out credit applications and pay a fee.
- Gold buying schemes to sell, trade or receive (unfair) returns for gold and jewelry.
- Anti-social network. Criminals collect information from social networks such as Twitter and Facebook.
- Penny auctions. Deals where you must set up an account and purchase bids with a credit or debit card.

The more you are aware of what to look for, says Carolyn Sinclair, executive director of the British Columbia Crime Prevention Association, Surrey, B.C., the more you will recognize scams and exit the page, say "no thanks," or just delete.

Always be suspicious, says Sinclair. If you don't recognize the sender, don't open the email. If you are going to engage in any transaction, validate it first.

"If it's too good to be true, it probably is."

Also, be sure your computer has the most recent spam filters, anti-virus and anti-spyware software and a secure firewall.

If you do become a victim of fraud, report it to the police or if it involves money being removed from a bank account, report it to your bank.

McMaster University research shows that only about five per cent of fraud victims actually report the crime.

Says Proulx: "In 2011, we're seeing that Canadians 60 to 69 years old were most victimized, but the highest dollar loss occurred in the 50-59-year-old group."

– Ylva Van Buuren

PROMISING ADS

Have you seen information online or in newspapers promising visas and employment in Canada — for a price?

These ads are not likely legitimate. In fact, you don't have to hire an immigration representative to apply for a visa or for Canadian citizenship. Contact cic.gc.ca for both advice and for visa application forms.

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immigration.gc.ca/antifraud
1 800 O-Canada (1-800-622-6232) TTY/ATS: 1-800-926-9105
Citizenship and Immigration Canada
Citoyenneté et Immigration Canada
Canada

WE ALL PAY THE PRICE

YOU CAN REDUCE INSURANCE FRAUD BY BEING VIGILANT

When someone cheats, everyone pays.

When you buy insurance for your home, car or business, you put your money into a pool with many others to help the few who suffer financial hardship because of tragedy, such as fire or a car crash.

But what happens when criminals or cheaters take more than their share? Or even fake the whole event? We are all forced to pay more. It isn't fair — but it's a reality.

The Insurance Bureau of Canada (IBC), in partnership with member insurers, works to investigate and identify suspected fraudsters. Just this year, the leader of a crime ring who staged a dozen collisions and defrauded insurance companies of approximately $1.5 million pleaded guilty in a Toronto court.

A collaborative effort between IBC, insurance companies, police and dedicated prosecutors connected the dots, allegedly linking body shops, towing companies and medical and rehabilitation clinics operating this scam.

ISTOCKPHOTO/THINKSTOCK

While organized crime gets the press, many other forms of insurance fraud occur on a smaller scale, but still add up to millions of dollars. Because insurance is paying during these schemes, shady medical facilities often bill for services never provided to a collision victim, or a contractor might pad a repair estimate for property damage. The person making the claim may not even recognize that he or she is part of a scam. But they are.

And then there is the smallest — and most pervasive — insurance crime of all. Your neighbour's garage gets broken into and he starts bemoaning the loss of his high-end tools, although you could have sworn the drill you borrowed was the cheapest on the market. Lying on an insurance claim may not seem as bad as staging a collision or over billing, but it's all insurance fraud. And it costs everyone money.

You can reduce fraud by being vigilant and willing to speak up. If you are in a collision, be aware that everyone involved may not be above board. And if you suspect fraud, call IBC's tip line (it's anonymous). After all, fraudsters are stealing from the same pool that contains your hard-earned cash.

IT'S A CRIME TO:

- Make a claim for items not stolen or for items of higher value than those stolen.
- Include pre-collision damage in a claim.
- Exaggerate injuries to collect benefits.
- Make a claim for an event that never happened.
- Offer or accept "free" treatment for an injury unrelated to a collision.
- Charge an insurer for treatments that never happened.
- Encourage anyone to participate in insurance fraud.

This example is based on a real fender bender

Insurance fraud is cheating

Guess who pays the price?

Report it *anonymously*, toll-free, 24/7

1-877-422-8477

or submit a *confidential* tip online at

www.ibc.ca

IBC BAC

He's thinking outside of the box, and his colleagues couldn't be happier

Robert Meggy is the president and CEO of the Great Little Box Company / PROVIDED

Recession to redemption. Robert Meggy is finding a wealth of happiness in building a friendly, familial workforce

TURNING POINT
Teresa Kruze
life@metronews.ca

Robert Meggy is an accountant by profession but as a businessman he knows how to weather an economic downturn. In 1982, Meggy bought the Great Little Box Company in Vancouver just before the recession took the knees out of the economy. His sales numbers plummeted overnight.

"It was like someone had turned off the tap. During the day I'd be operating the machines and answering the phone and at night I'd write up the orders when we had them. It was an ugly time and I lost 15 pounds."

Meggy weathered the storm (and other recessions to follow) and today his company employs 250 people and is on target to make $40 million in 2012. Meggy credits his success with assembling the right team.

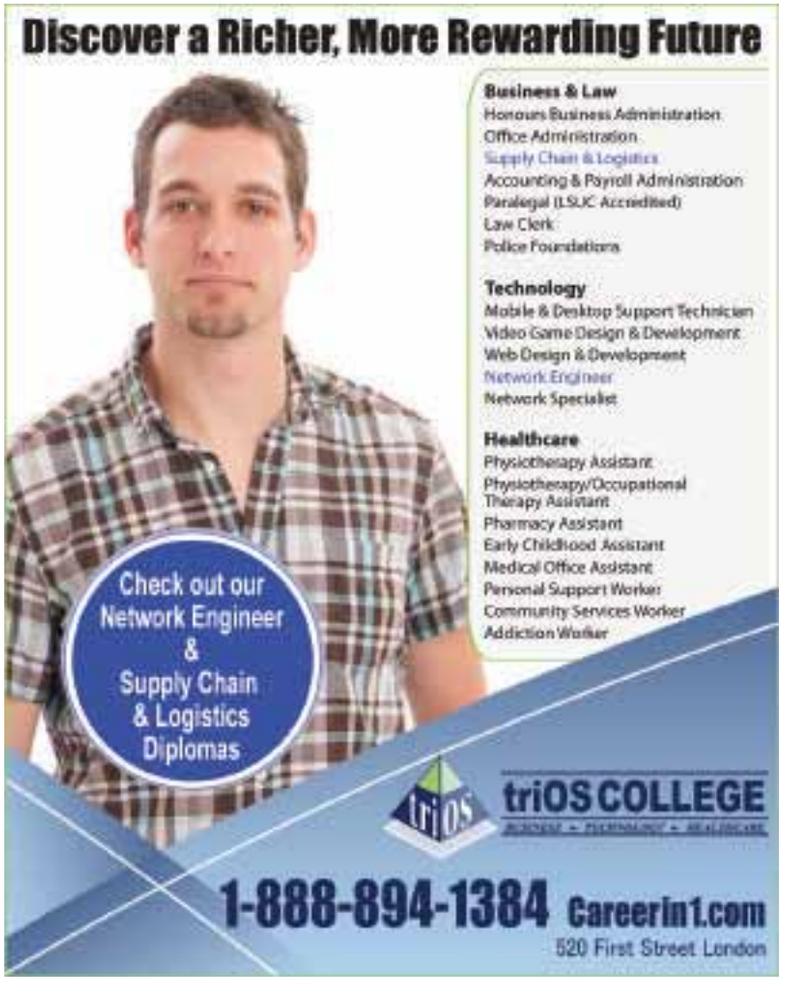
"I run it like a group of friends and I walk around the plant every week and talk to as many as I can. We set yearly goals and measure progress every month. When you run an open book employees care more. Enjoy the people you work with because it makes a huge difference."

From this accountant, that is advice you can take to the bank.

Budding business builders take heed!

Robert Meggy offers his advice to aspiring entrepreneurs:

- **People are your number one asset.** We conduct seven to eight interviews for each person we employ. You will make or lose $50,000 to $100,000 depending on who you hire.
- **Encourage feedback from your employees.** One thing employees really want is recognition and appreciation. We encourage one-on-one meetings with supervisors.
- **Measure everything.** Track the number of sales and cold calls. We measure machine speeds and how many pieces are made per hour. It all translates into efficiency and success.
- **Set yearly goals and measure them every month.** Have you ever met a golf fan who doesn't keep score? It's no different for a company. If you measure and track everything you'll care more and have more interest in your company.



French in fashion

Knowledge à la mode. One stylish, former student speaks to the importance of adding an extra language to a resumé

PAUL DAVIS
NEWS CANADA

"Qui parmi vous parle française?" It was the first question posed to us on the first day of class.

The last word was stressed with typical Parisian repudiation, as if to welcome us and dismiss us simultaneously. The school director, well into her 70s, stood at the front of the class, lit a cigarette and waited for the response.

Of the hundred or so students assembled in the room, only a handful raised their hands. A few more then followed until just over three quarters of the room had raised their hands. Of the little French I had, all of it I had learned in Montreal.

Before moving to Paris, I moved to Montreal to enroll in a fashion design program and to pick up as much of the language as I could. I could barely order a cup of coffee without garnering a smile from the girl behind the counter when I first moved to Montreal. Yet it seemed everywhere I went, people switched effortlessly between the two languages. It was truly something to admire and something to strive toward.

Street signs, television, radio — everything became a method of instruction. Most helpful were the free newspapers distributed in the subway. My goal was five new words a day.

Over the next few months, however, I came to realize that my mother tongue would be just as important.

The school I attended was well-known for its connections within the fashion industry. All the major French fashion houses turned to this school first for interns, short-term work placements and to help out with fashion shows and showrooms — the sort of connections that every young designer hopes for. But for all these opportunities, it was a question of English.

"Est-ce que vous parlez couramment l'anglais?"

I believe that we Canadians are extremely fortunate to have the two most predominant languages of the fashion industry at our fingertips.

Time and again I have seen Canadians rise to top positions within the industry, with proficiency in these two languages playing a critical role.

The true scale of Canadian talent has not yet been seen on the international stage, and I strongly believe that language will be a vehicle that will enable this to happen. NEWS CANADA

DeRozan leads Raps to win over Warriors

NBA. Raptors get some payback against team that embarrassed them in last meeting, despite slow start

Sunday's game

RAPTORS	WARRIORS
83	75

DeMar DeRozan had 25 points and the Toronto Raptors blanketed high-scoring Golden State en route to an 83-75 win over the Warriors on Sunday night.

Leandro Barbosa added 18 points in a reserve role for the Raptors (12-25), who limited Golden State to 36.3 per cent shooting for just their fifth win in the last 16 games. It was the first meeting between the teams since the Warriors pulverized Toronto, scoring 84 first-half points in a 138-100 laugher in California last March.

Golden State wasn't laughing this time; the run-and-gun Warriors (14-20) were held to one fast-break point and turned the ball over 14 times, leading to 18 Toronto points.

David Lee had 22 points and 12 rebounds to lead the Warriors, who fell to 2-3 on a six-game road trip that wraps up Monday night in Washington.

Golden State broke out to a nine-point halftime lead but hit just two of its first 12 shots to open the third quarter, allowing the Raptors to climb to within six.

A Lee jumper ended the drought but Toronto continued to chip away at the deficit, a DeRozan layup making it a 56-54 game with three minutes left.

Barbosa's floating jumper in the lane evened the score in the final minute, and a turnover on the Warriors' next possession led to a 2-on-1 that DeRozan finished off with an alley-oop dunk of a Jerryd Bayless feed as Toronto led 60-58 entering the fourth.

A Barbosa three-pointer stretched the advantage to five early in the final quarter, and he found Amir Johnson with a nifty pass for an uncontested dunk near the halfway point of the frame to give Toronto a 73-66 edge. Golden State closed to within four on an Ellis layup, but Barbosa followed with a three from the left corner and the Raptors held on from there.

Both teams were frigid to start, combining to miss 17 of their first 23 shots in the opening half of the first quarter.

A Dorell Wright three-pointer put the Warriors up 14-10, and Lee added a driving two-handed dunk in the closing moments of the period as Golden State enjoyed a 20-18 advantage after one.

Klay Thompson connected from long range near the three-minute mark of the quarter to extend the Warriors' lead to six, and a Lee 17-foot jumper with 30 seconds left completed a 6-of-7 first-half shooting performance for the star forward as the Warriors went into the break ahead 47-38.

THE CANADIAN PRESS

DeMar DeRozan jumps for the basket in front of Golden State's Ekpe Udoh. CHRIS YOUNG/THE CANADIAN PRESS

World Cup slalom. First win in over forty years

No one saw it coming. Not even Erin Mielzynski, who delivered the race of her life Sunday to give Canada its first World Cup slalom victory in more than four decades.

"It's a little slice of heaven right now," said Mielzynski. "Right now I don't want the day to end. It's surreal."

The 21-year-old from Guelph had never placed higher than 13th on the World Cup circuit but used a strong second run to deliver a breakthrough performance.

In the process, she became the first Canadian woman to win a World Cup slalom race since Betsy Clifford in 1971.

Winning time

1:53:59

Mielzynski's two-run total was one minute 53.59 seconds. Resi Stiegler of the United States finished second.

"Today my goal was just to ski like I do in training," said Mielzynski.

"I was a little nervous to do that because it's a little different than the way I race. I think that made the difference. I kind of let go of everything else and it was just me and the course."

THE CANADIAN PRESS

Curling championships

Alberta joins Nova Scotia with a perfect record

Alberta's Kevin Koe joined Nova Scotia with three wins at the Canadian men's curling championship Sunday.

Koe thumped Quebec's Robert Desjardins 9-2 to finish the day 3-0.

Nova Scotia's Jamie Murphy beat B.C.'s Jim Cotter 5-3 earlier for a third straight victory.

Meanwhile, Ontario's Glenn Howard earned a 6-5 extra-end win against Brad Gushue of Newfoundland and Labrador.

THE CANADIAN PRESS

Spring training

Bedard struggles against Blue Jays

Erik Bedard struggled with his control Sunday in a rough spring training debut with the Pittsburgh Pirates.

The left-hander from Ottawa gave up two runs in two innings in an 8-5 loss against the Toronto Blue Jays.

Bedard hit the first batter he faced, gave up a double to Travis Snider, walked two and struck out one.

Snider was 2-for-4 with 3 RBIs for the Jays. Blue Jays left-hander Aaron Laffey had a 1-2-3 first inning. THE ASSOCIATED PRESS

Football

NFL to continue investigating bounties

The NFL plans to keep looking at plays from recent seasons after a league investigation found the New Orleans Saints paid bounties to players for knocking opponents out of games.

League spokesman Greg Aiello said in an email to The Associated Press on Sunday the NFL will be "addressing the issues raised as part of our responsibility to protect player safety and the integrity of the game."

THE ASSOCIATED PRESS

4
SPORTS

Golf

"It was tough today, especially seeing Tiger make a charge."

Rory McIlroy, who held on to win the Honda Classic despite a late push from Tiger Woods. Woods had a birdie-eagle finish for a 62 — his lowest final round ever — to get within one shot of the lead.

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Antique Dresser With Mirro and Matching Wash Stand Asking $40.00 each OBO (519)432-6596	**Black Wood Burning Stove**- fits 2 ft' logs with Air Fan. Asking $250 firm Robert @ 226-663-3561	**ENGINE PREHEATER** Zero Start by Phillips Plumbs 2 Coolant System - $80.00 519-678-3273	Orthopedic Pillow Top Mattress & Box Spring From A Super Clean Home New $1000 Asking $120.00 519-438-9784	Sectional Sofa Bed Oatmeal in Color. Sears Value of $2400 10 mths old Selling for $950 519-476-1552	Your Free Ad Here ! Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk

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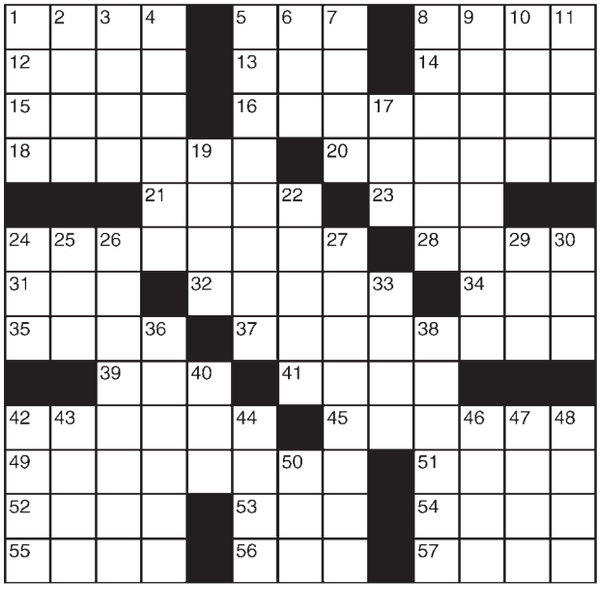
Crossword

Across

1 Gets a glimpse of
5 Tree fluid
8 One of the Three Bears
12 "Gone With the Wind" plantation
13 Actress Carrere
14 Letter jumble (Abbr.)
15 "Yeah, right!"
16 Dig
18 Soothe
20 On an angle
21 Tiers
23 Homer's interjection
24 Rough calculation
28 Outlet
31 "Humbug!"
32 "Top Chef" network
34 Cattle call?
35 Bjorn of tennis lore
37 Weaken
39 Anger
41 Leg joint
42 Party souvenirs
45 Standard
49 Move to another country
51 Crimson Tide, for short
52 — -a-ling
53 Auto fuel
54 From the beginning
55 Nervous
56 Tummy muscles
57 Camera part



Down

1 Impale
2 Facility
3 Rocker Clapton
4 Jungle expedition
5 Good glasses
6 — -en-Provence, France
7 Treaty
8 "Conditioned reflex" doctor
9 Curse
10 Cracker spread
11 Elderly
17 Help
19 Bausch's partner
22 Reeked
24 Recede
25 — Paulo, Brazil
26 Prosperous
27 Uniformity
29 "To be or — ..."
30 Sock part
33 Sandwich cookie
36 Needing more sleep, maybe
38 Oral
40 Make a mistake
42 Big party
43 In the thick of
44 Long story
46 Horse's neck hair
47 Prayer ending
48 Legislations
50 Bill

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Friday's answer

Sudoku

2		4	5		8			
8					9	7		
	7				2		8	
	9			2				6
	3						4	
7				3			1	
	1		2				9	
		9	6					3
			1		7	4		5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer

5	7	3	2	1	9	8	4	6
6	9	2	8	4	3	5	1	7
1	8	4	6	5	7	2	9	3
2	1	6	9	8	4	3	7	5
7	3	9	5	2	1	4	6	8
4	5	8	3	7	6	1	2	9
3	2	7	4	6	5	9	8	1
9	4	1	7	3	8	6	5	2
8	6	5	1	9	2	7	3	4

Send a kiss

- **My Devishly Handsome Superhero** I'm really glad you flew back into my life. I'm less damsel in distress and more WonderWoman this time around, no? I'm busy not making plans and living for the day, and each day seems to get better, especially with you in it. I don't know what tomorrow will bring, Superheros aren't clairvoyant....but I know that today was brilliant. That's good enough for me. From The Best Girlfriend in the World
- **tori prince michelle** hi tornuts its been a long time your away from home and Monday is a big day for me to see you again after two months. From jose
- **babes** requesting an email message from you. please. would like to chat and hear your voice. I would email you but am skeptical. From your babes.

Horoscope

♈ Aries | March 21 - April 20. Make an effort to be nice to people this week and they will make an even bigger effort to be nice to you.

♉ Taurus | April 21 - May 21. Venus moves into your birth sign today, bringing both love and luck with it.

♊ Gemini | May 22 - June 20. You can and you must banish all thoughts of failure from your mind today and throughout the week ahead.

♋ Cancer | June 21 - July 22. You may get a bit emotional today. You may also find yourself saying words that would normally get stuck in your throat.

♌ Leo | July 23 - Aug. 22. You won't be in the mood to try too hard today but that's OK because the people you live and work with will be happy to do things for you.

♍ Virgo | Aug. 23 - Sept. 22. You seem to be moving on a higher mental and emotional level than usual.

♎ Libra | Sept. 23 - Oct. 22. No matter how badly you have fallen out with a friend or family member you can still patch things up – but you've got to act now.

♏ Scorpio | Oct. 23 - Nov. 21. You are at one with the world – and the world is at one with you.

♐ Sagittarius | Nov. 22 - Dec. 21. If life isn't moving exactly how you want it to move then you cannot be trying hard enough.

♑ Capricorn | Dec. 22 - Jan 20. Attitude is everything and your attitude is just perfect today.

♒ Aquarius | Jan. 21 - Feb 18. If your head tells you one thing and your heart tells you another it is your head you must listen to.

♓ Pisces | Feb. 19 - March 20. You know that what you are doing is right. You know that you are on the right track. **SALLY BROMPTON**

CHARLES KRUPA/THE ASSOCIATED PRESS

Caption Contest

"Just dashing through the snow."
Douglas

Win!

You write it!

Write a funny caption for the above image and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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